**PERSONALITY DISORDERS AMONG PSYCHIATRIC PATIENTS AT TERTIARY LEVEL HOSPITAL IN KATHMANDU**

**ABSTRACT**

***Introduction:*** Personality disorders are excessively rigid patterns of behavior, and ways of relating to others. They are comorbid condition in psychiatric patients and also predisposing factors for other psychiatric disorders.

***Methods:*** The objective of this study was to identify personality disorders among psychiatric patients coming to outpatient and inpatient services of Department of Psychiatry and Mental Health, TUTH, a tertiary hospital. The International Personality Disorder Examination ICD-10 module interview schedule was used to determine personality disorders. There were 100 patients, 75 males and 25 females of age ranged between 18-59 years, from different education level, socioeconomic status and ethnicity.

***Results:*** 63% of psychiatric patients (N=100) were found to have either single or multiple personality disorders. 23% of participants with personality disorders had single personality disorder, 21% with two co-occurring personality disorders, 9% with three co-occurring personality disorders, 9% with four co-occurring personality disorders and 1% with five co-occurring personality disorders. Most frequently identified disorders were Anxious Personality Disorder (31%), Emotionally Unstable Impulsive Type (24%), Anankastic Personality Disorder (21%) and Emotionally Unstable Borderline Type (17%). Patients with Schizophrenia, and Mental and Behavioral Disorders due to Psychoactive Substance use were found to have Emotionally Unstable Impulsive Type with (52.63%) and (17.64%). Patients with Mood Disorder were found to have Anxious Personality Disorder (50%) and Anankastic Personality Disorder (33.33%). Similarly, patients with Neurotic Stress Related and Somatoform Disorder had Anxious Personality Disorder (27.5%)followed by Emotionally Unstable Impulsive Type (12.5%) and Anankastic Personality Disorder (12.5%).

***Conclusions:*** Present study indicates that personality disorders were highly comorbid with psychiatric patients with either single or multiple personality disorders.

(Key words; International Personality Disorder Examination, Personality Disorder,)

Authors Name:

Monalisha Pradhan, Dr.Mita Rana, Mr.Suraj Shakya